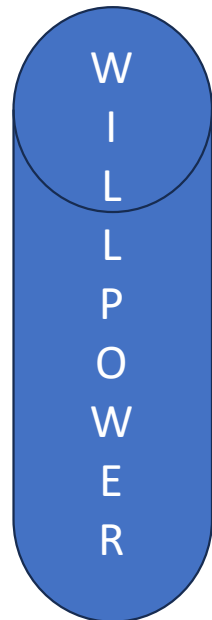
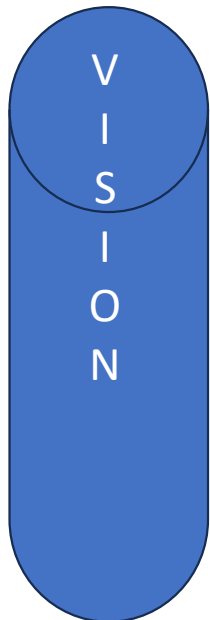


# High Performance Youth Development Program



- Nowadays Rugby has become a very physical sport, even more so in the seven-a-side format where a high level of rugby skills is needed to accompany the player's complete development. For this Tomas Capurro has designed a HIGH-PERFORMANCE program for the u16 & u18
- In order for this program to be carried out, Tomas has divided it into three fundamental pillars



## VISION

-We want our teams to be more and more competitive.

-To make a leap in quality in the level of play.

-To be recognized throughout the country as one of the strongest union



## WILLPOWER!

-We must want to fulfill our VISION.

-We must support all our players to achieve their goals and also of our VISION.

-We must do different things to get different results.

-Invite coaches from different clubs to join us in training (they also can learn new things and at the end better coaches will guarantee better players in their clubs and is also still part of our VISION)



## COMMITMENT

- We must commit all clubs to send their best players and follow the program (these players Will in turn more efficient in their clubs and the Rugby in our región Will be more competitive in the clubs as well, which is part of our VISION.
- We must be truly committed to wanting to try to do new and different things and at the same time trust them.
- We must always guarantee the best training space and the best materials for it.



## How we are going to organize all this?



- We will train 2 to 3 hours per month for eleven months of the year (september to July) to arrive well prepared to the DM.
- All trainings sessions will be divided into a physical part, another part of specific skills of the sport and finally into the general movement of the team's game. Also if necessary, video analysis is carried out in some practices.
- All players will receive a gym training plan that will vary every month (in the near future it would also be ideal to receive a specific nutritional plan for rugby players)
- Have several matches before the DM. Either by creating our own tournament and inviting different unions to participate in it a month before the DM, and use it as a preparation for the tournament.
- Create a safe and trustworthy space where players can always come to us.
- After each training session, eat together so that the players get to know each other outside of the rugby and continue to share moments together.



## Our timeline until Summer 2025



- Trainings are scheduled:  
19.01., 16.02., 23.03., 27.04., 25.05.2025
- Preparation tournaments with LV Brandenburg, Niedersachsen & Sachsen:  
01.03 in Velten  
06.04 in Hohen Neuendorf
- Participation to Jugendcamp von Rugby Deutschland from 28.03 till 31.03.25 in Heidelberg
- Finally, Deutsche Meisterschaft tournament on 31.05.-01.06.2025:  
location to be communicated

